

September— December



BLACKSBURG SENIOR CENTER

From Joy's Desk

It's hard to believe that summer is almost over. Although we hate to leave the warm months behind, the fall season has so much to offer here at the center with many programs and travel destinations.

In addition to our weekly trips we are offering 3 overnight destinations. There are several new classes such as Spanish for seniors and computer training. You might want to check out our Yoga classes. Jack Leahy, community center supervisor at 961-1880, will be glad to give you more information about the Yoga program.

We have two very special events that we hope you can attend. Our annual end of summer picnic will be catered this year and several activities such as bingo, horseshoes, bocce and croquet will be included. Our Annual Lasagna dinner will again feature delicious food and a time to recognize Pat Palmer and others

for their volunteer efforts.

I will be out of the office October 27 - 31. Call the front desk if you need assistance at 961-1149.

I look forward to seeing you all this fall and holiday season.

Joy Herbert

Senior Programs Supervisor



Advisory Board Elections

It's time again to elect new board members. Please submit your ballot no later than November 1 to Joy Herbert, 725 Patrick Henry Dr. Blacksburg 24060.

Please select 2 names, and if more than 1 person is using the ballot, please mark accordingly.

Select 6

Jim Moore	_____
Helen Borny	_____
Penny Thomas	_____
Bill Thomas	_____
Clara Jane Billig	_____
Jeannie Gorman	_____
Bruce Cantrall	_____

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To receive your free quarterly newsletter, call Joy Herbert at 961-1134 to be placed on the mailing list.

The senior center is housed at the Blacksburg Community Center at 725 Patrick Henry Dr in Blacksburg.

Joy Herbert—Jherbert@blacksburg.gov

Senior Programs Supervisor

Dean Crane—dcrane@blacksburg.gov

Director, Parks and Recreation

We thank the following people for donations and for their time and efforts during the Summer months

Computer lab - Connie Anderson, Dennis Gentry, Frank Lau, Mary Korslund, Rick Ellison, Connie Billings, Dick Walker, Loretta Kandies, Ken Robertson. Linda Frazier and Harriet Damant.

Bingo - Virginia Tu

Aerobics leaders —Gladys Smeal

Newsletter—Sara Dickens and Paul & Gladys Smeal

Fitness Center—Paul Smeal

Book Club—Becky Etzler

Program leaders—Betty Falta, Pat Palmer, John Perry, BC Horne, Germille Colmano, Paul Smeal

Registration for spring and summer—Ray Murley, Connie Anderson, Dennis Gentry, and Franke Neumann.

June Pancake Breakfast— provided by the Jim Moore, Otis Hall, Lewis Barnett, Franke Neuman, Ray Murley, George Hawkins, Paul Smeal, Bob Blanton and Mel Huber.

Donations

- ◆ A special thank you to Betty Murphy for her contributions to the bridge sponsored breakfasts.
- ◆ Thanks to Ben and Carol Crawford for donating a wheelchair to the center
- ◆ Thank you to Martha Lassiter and Virginia Jorda for monetary donation.
- ◆ Thanks to Connie Anderson for purchasing educational software programs for the computer Lab



Senior Center Gift Certificates

Having trouble finding a gift for someone? Perhaps your family and friends would like to buy you something special. We have gift certificates available for all of our programs. Call Joy at 961-1134 to make arrangements.



News You Can Use

CENTER CLOSINGS

The Center will be closed the following days:

Monday, September 1

Thursday, November 27 and Friday, November 28

Wednesday, December 24 - Friday, December 26

Wednesday, December 31 and Thursday, January 1.

WHAT DOES R/NR MEAN?

R - Resident. Individuals who live within the Blacksburg Town limits or pay Town taxes.

NR - Non Resident. Individuals who do not live within the Blacksburg Town limits or pay Town taxes will pay an additional \$10 fee. Or if the program fee is under \$10, the registration fee will be doubled.

One easy indicator is a car personal property tax sticker. Any further questions, please call 540-961-1135.

COFFEE SERVICE

We are happy to provide coffee for our senior programs. However, during town employee holidays or vacations, coffee may not be provided. If you need coffee service during those times please contact Joy at 961-1134 a week before your scheduled program. She will instruct you or another designated participant on how to make coffee for your event.



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JRM@JRMattorney.com

and

Brenda C. Moses
BCM@JRMattorney.com

Registration

- Registration for trips and classes begins Tuesday, August 26 at 9:30AM. For your convenience, numbers for registration will be given out at 9AM.
- We will also accept phone in registrations at **11AM**. Please call **961-1149** MasterCard and Visa accepted.
- After August 26, phone in and walk in registrations will be accepted Monday—Friday from 9AM-5PM.
- All classes and trips are on a first come, first serve basis.
- Classes and trips are for seniors ages 50 and above and their spouses. Non seniors may register 1 week prior to the start of the program if space is available.
- In addition to yourself, you can register up to three people, if space is available.
- You may use our mail in registration form which is located on page 22. However, mailing in your registration does not guarantee you a spot. Mail in forms are processed the day that registration begins and are added to the roster if space is available.



Refunds

- Refund request made 7 days (some trips will require longer advance notice) before the start of a program will require a \$5 service charge. The charge will be subtracted from the original payment, except when the class is cancelled by the Parks and Recreation Department.
- Pink receipts must be returned to receive a refund.
- ♦ Refund requests, minus the \$5 service charge made less than 7 days before the start of the program will be granted if:
 - another person can be secured for the program
 - a medical emergency prevents participation prior to or during the program.

What if I can't come on registration day?

There are several options if you aren't able to come on registration day:

1. Register by phone with your MasterCard or Visa beginning at 11AM.
2. Have a friend register for you.
3. Mail in your registration (form located on Page 22) or give it to Joy Herbert. Include your payment. Make sure you provide name, address, phone number and what you are registering for. **Please keep in mind that your forms are processed the day that registration begins and after we register those in line. You are added to the roster if space is still available.**

Special Events

• Breakfast Get Togethers

Join us for some good food and fun once a month at 10AM until the food runs out. Program is free and requires no registration.

September 8 - Join the aerobics group for a delicious spread. In addition to good food and fellowship, there will be a drawing of ten (10) names to receive complimentary classes for one week (3 classes). Available to anyone who will attend the class and who is not already taking the "Fit-over Fifty" class. Objective is to increase enrollment.

October 6— The Bev Seniors will sponsor a great meal for everyone.

November 3 - Jim Moore and his chefs will be back to flip pancakes.

December 8 - AARP group will sponsor this special holiday breakfast.

• 8th Annual End of Summer Picnic

REGISTRATION REQUIRED

Don't miss our end of summer picnic at Nellie's Cave Park. This year it's catered by Country Kitchen. Enjoy delicious food, fellowship, croquet, horseshoes and even Bingo (weather permitting)

Menu - Hamburgers and Hot dogs with condiments, baked beans, Cole slaw, potato salad, potato chips, assorted desserts, and drinks

When Friday, September 12

Time Meal served 11:30AM - 12:30PM

Activities - From 10:30 - 2PM

Bingo—starts at 12:30PM

Where Nellie's Cave Park - Rain or shine (directions— from Main street to Country Club and turn onto Grissom Lane. Travel .8 miles to the end of the road which will put you in the Nellie's Cave Parking lot).

Cost \$7 pay at senior center by September 5.

Registration begins Tuesday August 26 at 930AM and ends September 5. No refunds accepted.

Cruise Bermuda 2004

Come learn about the Senior Center's next cruise during this information session. Next year we'll be traveling to Bermuda with an exciting New York Broadway excursion.

When Thursday, September 4

Time 5PM

Where Senior Community Room

No registration necessary.

• Senior Center Fall Art Exhibit

This is an opportunity for all our senior artists to display their art work. The show will begin on September 30 and run through December 30.

If you would like to show your art please call Joy at 961-1134. Art work must be received **no later** than Monday morning, September 30. Art work must be picked up in January.

• Annual Lasagna Dinner

A time for great food - Vegetable and meat lasagna, drinks and salad will be provided. Please bring a dessert or bread to share. This is also a time to recognize your volunteer of the year, Pat Palmer as well as other program leaders who contribute so much to the success of the senior center.

When Thursday, October 9

Time Dinner begins at 5:30PM.

Where Senior Community Room.

Cost Free, bring dessert or bread to share.

Sign up beginning August 26 at 930AM. Call 961-1134.

♦ Open House

Bring family and friends to our Fall Open House. Enjoy a breakfast of Pancakes while introducing them to current participants. Guides will be available to offer tours and answer questions.

When Monday, November 3

Time 10-11AM

Where Community Room

No registration required

Ongoing Programs

.. Virginia Insurance Counseling and Assistance Program

Dealing with medical insurance and bills can be a headache. VICAAP can help you. Robert Gribben our insurance counselor, will educate, counsel, and assist you regarding medical benefit programs, long-term care insurance, and problems with Medicare, Medicaid, and medical bill paying.

Tuesdays Sept. 9, Oct. 14, Nov 11, and Dec. 9

Time 10-12

Where Senior Social Room

Cost Free, however, a voluntary donation to the Agency on Aging will be appreciated.

Please call Joy Herbert at 961-1134 to make an appointment.

.. Bingo

When Sept. 18 and Oct. 16

Day Thursdays

Time 2-3:30PM

Where Senior Community Room

Cost \$2 donation appreciated

.. Senior Book Club

Would you like to talk over that latest satisfying good book? Join others in the Senior Book Club. Members will take turns choosing the novel to be read each month. The person who chooses the novel may give a short presentation on it if he or she desires. Otherwise, the format of the meetings will be open discussion on points of interest or confusion within that month's book. Group meets once a month. Members will purchase their own books.

When Sept. 11, Oct. 9, Nov. 13, Dec 11

Time 2-4PM

Where Senior Social Room

Cost One time start up fee

\$5R/\$10NR

Registration is ongoing.

.. Duplicate Bridge

The group meets every Monday at 12:30PM in the Senior Center Program Room. Partners are required and intermediate to advanced skill levels are recommended. For more information call John Perry at 552-4821 or BC Horne at 552-5361. Program is free.

♦ Sanctioned Duplicate ACBL Game

Group meets every Thursday at 1PM in the Senior Program Room. Master points are awarded. Donations Appreciated. Call Pat Palmer at 961-1217 or Lorraine Holub at 552-8961 for more information.

.. Party Bridge

The program room is available Tuesdays from 9-12noon and the 2nd and 4th Wednesday from 1-4PM. Call Joy at 961-1134 for more information.

.. Canasta

Call Betty at 954-0390 for meeting times.



♦ In the Kitchen with Seniors

This group meets monthly. Guests at each luncheon will be served nutritious, low-fat, low calorie and tasty food. The menus and recipes will be provided. Before or immediately following each meal you will enjoy an excellent program featuring subjects of interest to seniors such as nutrition, lifestyle, health concerns leisure time, etc. Senior Leaders are Elaine Cook, Susie Jones and Elizabeth Reisinger. They welcome suggestions.

Cost: Each meal is **\$7R/\$14NR**, you may register for one or all 3. You must register at the center at least one week prior to meal date. Registration begins Tuesday, August 26. The number of participants for each meal is limited to twelve.

The September and October Luncheons will be in the Senior Community Room and the November Luncheon will be in the Activities Room.

Monday, September 15 - 11:30AM

Akke Hulburt from Akka's Yoga Place will have the program before lunch. Akka teaches yoga and is also a national certified massage therapist. This will be an interactive program and if you would like to participate wear loose clothing. Akke will introduce you to integral Hatha yoga which includes postures, chanting, meditation, breathing techniques and movement.

Meal - Down South and Healthy Ladies Luncheon - 12:30PM

(Men are welcome to participate)

Hostesses - Donna Wade and Elizabeth Reisinger.

At 12:30 PM our Hostesses will be presenting "summer changing" recipes of tried and true Southern Luncheon dishes which will be lower in fat and that include more whole grains. Call Elizabeth the last week in August for the exact menu - 951-7580.

Monday, October 13, 11:30AM

Joi Salville, Beef Programs Coordinator from the Virginia Beef Industry council, is back by popular demand. This time she will demonstrate Beefy Harvest Soup. The menu includes a tossed green salad and cornbread prepared by Elizabeth Reisinger. Elaine Cook will bring Pound Cake and fruit for dessert. The luncheon will be at 12:30AM

Thursday, November 6 - 11AM

Dr. Frank D. Conforti, Associate Professor in the Department of Human Nutrition, Foods and Exercise will be doing a cooking demonstration. Dr. Conforti will prepare a Roasted Red Pepper Lasagna. Susie Jones is bringing a Tossed green salad with oranges and Elizabeth will bring the bread. They are looking for a dessert volunteer. Have you ever used a "Slurry" in cooking? Dr. Conforti will demonstrate how to make it.

♦ Bev Seniors

Are you interested in receiving a weekly e-mail message reminding you of events for seniors at the center or around the community? Then you may wish to become a BEV-Senior and be on their listserv. This organization meets monthly from September to May, without dues, provides computer assistance and information at their monthly meetings and instruction at the Senior Computer Learning Center. Come to their meetings and learn how to become a member.

Sponsored Programs Open to All:

September 22 at 10:30AM

Learn about the Town of Blacksburg's First Response Program

October 20 at 10:30AM

Frank Lau will discuss "Print Shop Deluxe 15" (and older versions) He will be using the program itself in projection. Learn how to build cards, business cards, signs and brochures. You'll also learn to take a JPG graphic and import it into programs to make something useful.

November 17 at 10:30AM

Presentation will be by Stan Cook. His usual outstanding knowledge and skill will work magic in "Photoshop" software.

Steering committee meets at 10:30AM on Sept 8, Oct 6, Nov 3, and Dec 1.

♦ AARP Chapter #2613

AARP has general membership meetings at the Blacksburg Senior Center beginning at 1130AM. These are usually luncheon meetings with everyone bringing a bagged lunch. Meetings are open to the public and will be held September 16, October 21, November 18, and on December 2 the holiday luncheon will be held at the Red Lion.

♦ Movie Day

Join us for some great movies on our wide screen TV in the Senior Social room. Shows begin at 1PM. Bring your own snacks. Donations are requested to cover the cost of the movie.

Fall lineup includes.....

- ♦ September 9 - "Tuck Everlasting" with Sissy Spacek and William Hurt.
- ♦ October 14 - "Catch Me If You Can" with Leonardo Dicaprio and Tom Hanks.
- ♦ November 11 - "About Schmidt" with Jack Nicholson.
- ♦ December 9 - "Maid in Manhattan" with Jennifer Lopez.

Health and Fitness

We care about you! Before increasing your physical activity or participating in our fitness programs, please take the following test.

Revised Physical Activity Readiness Questionnaire (PAR-Q)

Yes	No		
---	---	1.	Has your doctor ever said that you have a heart condition and recommended only medically supervised activity?
---	---	2.	Do you have chest pain brought on by physical activity?
---	---	3.	Have you developed chest pain in the past month?
---	---	4.	Have you on 1 or more occasions lost consciousness or fallen over as a result of dizziness?
---	---	5.	Do you have a bone or joint problem that could be aggravated by the proposed physical activity?
---	---	6.	Has a doctor ever recommended medication for your blood pressure or a heart condition?
---	---	7.	Are you aware, through your own experience or a doctor's advice, of any other physical reason that would prohibit you from exercising without medical supervision?

If you answered "yes" to any of these questions, call your personal physician or healthcare provider before increasing your physical activity.

Thomas S., Reading J, Shepard, R.J. Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can J Sports Sci.* 1992;17:338-345.

Senior Fitness Center

The Senior Fitness Center features treadmills, stationary bikes, a step machine and weight lifting equipment. The center is open to adults ages 18 and above.

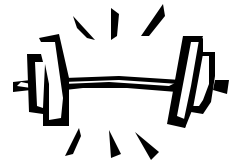
Passes are good up to 1 year from date of purchase

seniors (50+)

\$1/visit or \$25 for a 30X pass.

non seniors

\$2/visit or \$45 for a 30X pass



Free Fitness Center Orientations

Free orientations to the fitness center are available by appointment. You can call Joy at 961-1134 or the front desk at 961-1149 to schedule one. Orientations are done by our fitness enthusiast Paul Smeal.

.. Personal Training

Start a new exercise program or improve on your current program.

Our Personal Trainers Surface will design a program to meet your needs.

Call 961-1134 for more information.

A doctor's written permission is required to participate in this program

Each package purchased is good up to 6 months.

Cost

1 session	\$20R/\$30NR
5 sessions	\$80R/\$90NR
10 sessions	\$155R/\$165NR

Use of fitness center will be an additional charge.

.. Fit over Fifty

This program focuses on improving muscular strength and endurance, flexibility, and range of motion, stability and balance. Learn to develop a healthy lifestyle in a comfortable atmosphere. It's never too late to start!

Instructor Jocy Surface

When Mondays, Wednesdays, and Fridays. (no classes held Thanksgiving week, Christmas week or New Years)

Time Class begins at 9:10AM and usually lasts 1 hour. However, you are free to warm up in the gym before class.

Cost

Resident \$2/class or \$18 for a 13 time pass

Non resident \$4/class or \$28 for a 13 time pass.

Non seniors are welcome to participate

1 class \$3R/\$6NR

Pass \$25R/\$35NR

Registration is ongoing - Passes are good up to 1 year from date of purchase

♦ Healthy Backs

This is an exercise class with a focus on participants regaining or maintaining muscular strength, flexibility, balance, and a back free of pain and stiffness. Developed by physical therapist, reviewed by chiropractors and taught by a certified personal trainer, this class has been proven to offer fitness and relaxation as benefits.

When Mondays, Wednesday, and Fridays beginning August 27.

Time 10:20AM—11:20AM

Cost \$5R/\$10NR is to be paid to the Town of Blacksburg at registration which begins August 26. At class start, you can pay the instructor \$20/month or \$3/class. No classes Thanksgiving week, Christmas week or New Years.

♦ Beginning Tai Chi

Increase your balance, strength, circulation and mental focus in this class. Tai Chi is based on slow, gentle and relaxed movements that incorporate the whole body.

Instructor is Tom Richardson.

Session 1 is 8 weeks

Days	Tuesdays and Thursdays
When	September 16 - November 6
Time	10AM - 11AM
Cost	\$55R/\$65NR

Session 2 is 4 weeks

Days	Tuesdays and Thursdays
When	November 11 - December 11, (no classes Thanksgiving week)
Time	10-11AM
Cost	\$25R/\$35NR

Registration for both sessions begins Tuesday, August 26 at 9:30AM.

♦ Intermediate Tai Chi

Prerequisite Beginning Tai Chi

Session 1 - 6 weeks

Days	Tuesdays and Thursdays
When	September 9 - October 16
Time	9-10AM
Cost	\$38R/\$48NR

Session 2 - 6 weeks

Days	Tuesdays and Thursdays
When	October 28 - December 11 (No classes during Thanksgiving week.)
Time	9-10AM
Cost	\$38R/\$48NR

Registration for both sessions begins Tuesday, August 26 at 9:30AM



.. **Blood Sugar and Blood Pressure Screenings**

Free screenings provided by MedShares Home Care

When Sept 8, October 6, and Nov 3, Dec 8
Time 10AM

Where Senior Community Room
Hallway



♦ **FLU SHOTS**

Flu and pneumonia shots will once again be offered at the senior center this fall. However, it is too soon to schedule until we know when they will be available from the health department. Please call beginning the first of October at 961-1134. Joy should have more information at that time.

Long-Term Care – Do You Have a Plan??

None of us plan to need long-term care, but we all know that life has a way of changing our plans. There is someone you can talk to who can help you prepare for your future. Contact Ellen Dodson, Insurance Counselor, to discuss:

- **General Long-Term Care Information**
- **The role of Medicare and Medicaid in Long-Term Care**
- **Long-Term Care Insurance**
- **Long-Term Care Annuities**
- **Medicare Supplements**

Ellen is a Licensed Insurance Representative who has experience as a Long-Term Care Social Worker. She represents top companies in the insurance industry and facilitates decision making through education. Ellen will help you know what to expect so you can make wise decisions!

Ellen Dodson

552-1498, ext. 22 (office)

230-7518 (cell phone)

edodson@warmhearth.org



• FUN & FIT FRIDAYS

You have all seen and heard about the benefits of physical activity. However, activity doesn't have to be hard work and sweat. Our Fun & Fit Fridays are filled with games that provide fun, recreation and fellowship. Join us for billiards and table tennis, shuffleboard, basketball free throws, Frisbee, croquet, horseshoes and bocce. We also plan outings for miniature golf, Discus, T-ball, and shot put. Join us each Friday beginning September 5. Equipment will be available from 8AM to 12noon. No sign up necessary. Join us Friday, September 12 for our annual picnic with croquet, horseshoes and bocce. This special event will be at Nellie's Cave Shelter.



• MOVIN THRU VIRGINIA

Going nowhere in achieving your health and fitness goals? Need a little motivation to walk that mile or make that morning exercise class? Then sign up for our Movin Thru Virginia Program and walk or exercise through the 98 counties of Virginia!

It's easy. Just follow the procedures below for playing and record keeping.

1. You must register and pay \$10. This covers your T-shirt. Program began in Spring but registration is ongoing and you can sign up at the front desk.
2. The T-shirts have the Commonwealth of Virginia map with all the counties printed on it.
3. A log sheet and map are also available at the center.
4. Each person will keep track of their walking distance and/or fit over fifty class participation.
5. Persons in the program can meet as a group once a month at our breakfast get togethers to socialize and color in their shirts.
6. When you walk ten miles and/or complete ten classes of "Fit over Fifty" you will color in one of the counties on the shirt.
7. At the end of one year, April 1 2004, all participants will get a certificate of accomplishment.
8. You will be encouraged to wear your shirt for walking and "Fit over Fifty" classes to encourage others to participate in the program.
9. Suggested walking sites: Treadmill in the fitness center; 16 laps in the gym is one mile; 4 laps at the high school track is 1 mile; Huckleberry trail from town library to bridge over South Gate Drive is 1/2 mile; Huckleberry trail from town library to Airport Road or to Corporate Center Road is 1 mile; 8 times around the inside of University Mall is one mile; 4 laps around the inside of NRV Mall is 1 mile; when walking in your neighborhood or elsewhere, one can figure 20-25 minutes of walking is one mile.

You don't stop playing because you grow old..... You grow old because you stop playing."



Classes for Education and Leisure

◆ Pleasing to the Palette

Explore your artistic abilities. Beginners are also encouraged to participate. Students will receive individual instruction and learn from their fellow students. There are two, 6 week session offered this quarter. You may register for one or both sessions.

Session I

September 23 - Oct 28, Tuesdays

12:30-2:30PM

\$35R/\$45NR

Session II -

Nov 4 - Dec 16 (no class Nov 25)

12:30-2:30PM

\$35 for residents \$45 for non residents

No class on November 26

Registration begins August 26 at 9:30AM

◆ Shakespeare for Retirees

Play: Henry IV, Part I

Against a background of English history, Shakespeare's best-known comic character, Falstaff, his friends, and especially Prince Hal, called "the merry madcap Prince of Wales", live in this lively play and exist as personalities outside the several dramas in which they appear. Leader is Caroline Chermiside, retired from Virginia Tech English Department.

Eight class meetings, with movie on last meeting. For texts, look for paperback edition published by New Folger Library, available in bookstores.

When September 11 - October 30

Time 10-11AM

Cost \$5 R/\$10 NR

Where Senior Social Room

Registration begins August 26 at 930AM

◆ Craft Corner

Home Made Wrapping Paper

Learn to make your own wrapping paper the easy way with foam stamps and paint. You will complete the following 3 sheets of colorful wrapping paper:

Cat and flower, jungle scene, and glitter snow flakes.

We'll be using lots of paint, so please dress accordingly.

When Thursday, September 4

Time 1-3PM

Cost \$7R/\$14NR. Includes supplies

Registration begins August 26 and ends Friday, August 29

Autumn Wall Decoration

Create a simple but spectacular autumn wall decoration using Indian corn, silk flowers, and ribbon.

When Thursday, October 2

Time 1-3PM

Cost \$9R/\$18NR. Includes supplies

Registration begins August 26 and ends Monday, September 29.

Holiday Greeting Cards

Get a jump on the holiday season with these 3 lovely cards: Blue Ridge scene, silver origami star, and polar bear.

When Thursday, November 6

Time 1-3PM

Cost \$7R/\$14NR. Includes supplies

Registration begins August 26 and ends Monday, November 3.

Paper Snowflakes and Wire Angels

Make wintry window decorations for Christmas: 3 dimensional paper snowflakes and wrapped wire angels.

When Thursday, December 4

Time 1-3PM

Cost \$7R/\$14NR

Registration begins August 26 and ends Monday, December 1

New Programs

◆ Spanish For Seniors

This is a Spanish class meant to make you familiar with the Spanish language by speaking in the context you are most likely to use it, such as traveling, eating and shopping. It is conversation based and interactive. After this class you will not be fluent but will have the basic vocabulary needed to identify objects and will be able to execute a few phrases pertaining to different jobs at hand. It is a fun and lively class whose purpose is to introduce you to the Spanish language in a comfortable atmosphere.

Day Tuesdays

When September 30 - November 18 (8 weeks)

Time 10:15 - 11:15AM

Cost \$30R/\$40NR

Registration begins August 26 at 9:30AM

◆ Stretch, Balance and Tone

Instructor: Emily Brand

The class is designed to strengthen and balance muscle groups, as well as incorporating flexibility and range of motion in a group setting. Beneficial for functional improvement in daily life, with a focus on low or no impact balance movements to help in the strengthening of core muscles. Falls are a common threat to seniors who may lack core strength, but can often be prevented with better balance and body control. The core strength will help correct imbalance in the body and help avoid the possibility of falls that may lead to fractures, while exercises with smaller muscle groups can improve functionality such as carrying groceries, cleaning the house, and outdoor work.

When Fridays, August 29 - December 12
(no class Thanksgiving week)

Time 2-3PM

Cost \$5R/\$10NR pay at registration to The Town of Blacksburg. To instructor pay \$3/class

Registration begins, August 26 at 9:30AM

◆ Composition and Memory

In this program, Bruce Cantrell will explain the difference between making photographs and taking snapshots. A question and answer period will follow regarding equipment choices (cameras, film, tripods, etc) film speeds, using timers and tripods, polarizing filters with color, colored filters with black and white, etc.

On display:

- ◆ A 1957 Practina, the very first SLR (single lens reflex, with through the lens imaging), made in East Germany and smuggled into the US.
- ◆ A hand-held light meter
- ◆ A “do-it-yourself” (i.e., NOT automatic) Pentax Spotmatic from 1967, an easier-to-use version of the Practina,
- ◆ A Nikon from 2000 with a zoom lens, lighter in weight than the earlier SLR’s but otherwise pretty much the same camera, without point-and-shoot automation, the old-fashioned slower-paced pro’s camera or choice.

When Wednesday, October 1

Time 10-12noon

Cost Free but registration is required.

Registration begins August 26 at 9:30AM

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Senior Computer Learning Center (SCLC)

The SCLC is open to the public Mondays from 130-430PM and Thursdays from 9-12. Except during holiday weeks or during the absence of a lab monitor .

♦ Senior Open Time

Free one on one help for your computer needs. Whether you want to practice or get help when you get stuck, computer volunteers are available to assist you. Bring in your questions about file management, internet or email, word processing, new software, etc. Volunteers are available on Mondays from 130-430 and Thursdays from 9-12 (except holiday weeks). No appointment is necessary.

♦ On Line Banking

Assistance with the National Bank of Blacksburg's On-Line Banking system is available during Open Time by appointment. Program is free.

Computer Classes

♦ Basic Computer Essentials for Windows 98 Platform

Learn the basic uses of your computer having Windows 98 operating system

When September 15, 17, and 18

Time 9:30AM—1130AM

Where Senior Computer Learning Center

Cost \$20R/\$30NR

Registration begins Tuesday, August 26 at 930AM

♦ Computer Personal Training.

An opportunity to fulfill your specific computer hardware and software needs using a computer personal trainer. Volunteer instructor: Connie Anderson

Suggested Topics: Digital Camera and/or Scanner Software, Computer Software to Fit Your Needs, Word Processing Using WordPad or Microsoft Works, Basic Computer Use and Troubleshooting Advice

Time Instructor will call you after you have registered at registration, Community Center Front Desk or by calling Joy Herbert at 961-1134 and will arrange a convenient time to meet.

Place Senior Computer Learning Center if possible, using Windows 98 and XP computers

Cost \$10R/\$20NR. Future sessions can be purchased if necessary. Each session is 3 hours.

Registration begins Tuesday, August 26 at 930AM

• Basic Computer Essentials for Windows XP Platform

Learn the basic uses of your computer having the latest Windows XP operating system..

When October 13, 15, and 16

Time 9:30-11:30AM

Where Senior Computer Learning Center

Cost \$20R/\$30NR

Registration begins Tuesday, August 26 at 930AM

♦ Basic Microsoft Word 2002

Learn basic word processing procedures with Word 2002 software for Windows XP computers

When TBA

Where Senior Computer Learning Center

Cost \$20R/\$30NR

Registration begins Tuesday, August 26 at 930AM

♦ Basic Internet

(restricted to Outlook Express and Internet Explorer) for Windows XP)

Email and web browsing restricted to using Internet Explorer version 5.5 or 6.0 on Computer Lab Windows XP computers.

When TBA

Where Senior Computer Learning Center

Cost \$20R/\$30NR

Registration begins Tuesday, August 26 at 930AM

Computer Classes

Printing Digital Pictures with Microsoft Word

Volunteer instructor: Ken Robertson

Digital cameras are fast becoming the preferred means of taking pictures for professionals and amateurs alike. Pictures can be viewed within a few minutes after they are taken and are equal to or better in quality than those from conventional film cameras. The software that comes with the new cameras lets you improve your pictures by changing their brightness, contrast, gamma, and color balance. Most camera software also lets you do simple printing with one, two, or four pictures on a page. But if you want to do some fancy printing, add titles, borders, text and clipart, or size, move and crop your pictures, you may be out of luck.

You could buy a special program to do the job, or, you could use Microsoft Word (Office 97 or beyond). This 3-hour workshop will teach how, with a bit of effort, you can have Word do a remarkable job of picture and text layout and provide you with the kind of pictures you will want to keep in you scrapbook.

One caution - For the best and fastest results you should have a modern computer.

Prerequisite: A basic knowledge of Windows and Word

When Monday, September 8

Time 1:30-4:40PM

Where Senior Computer Learning Center

Cost \$5R/\$10NR

Registration begins Tuesday, August 26 at 930AM

♦ Excel of the Math Impaired

Many people believe that Microsoft Excel is for math wizards, but nothing could be farther from the truth. Excel is for the math impaired who want the computer to help them balance their checkbook, organize their financial records, and figure out the best way of financing their new car. If you can use a pocket calculator, you can use Excel.

Instructor: Ken Robertson

Basic Excel

The basic course will teach you how to create, edit, format, and maintain an Excel worksheet.

When Tuesday, Sept 9 and Friday, Sept. 12

Time 9:30-11:30AM

Where Senior Computer Learning Center

Cost \$15R/\$25NR

Registration begins Tuesday, August 26 at 930AM

Advanced Excel Course

This course will introduce more advanced functions, databases, and charts as well as other topics to be selected by the class. Prerequisite: Basic Excel

When Tuesday, Sept 16 and Friday Sept 19

Time 9:30-11:30AM

Where Senior Computer Learning Center

Cost \$20R/\$30NR

Registration begins Tuesday, August 26 at 930AM

Tuck Chiropractic Clinic

Dr. Ray Tuck

Dr. Jennifer Rathmann

Chiropractic and Acupuncture Health Care

700 North Main Street Suite A, Blacksburg VA 24060

(540) 951-4357* (888) 263-0979* (540) 382-3000

RayTuck@TuckClinic.com

On the Road Again.....

♦ Important Trip information

- Vans will be available to load no earlier than 30 minutes prior to departure unless otherwise specified in the trip description. Please arrive at least 15 minutes prior to departure.
- Be careful getting in and out of the vans. Sometimes we must park on uneven surfaces. Sometimes the roads

♦ Roaring Run - Botetourt County

Described as one of the few public recreation areas in South West Virginia that seems to offer something for everyone. The jewel of the site is Roaring Run itself which is fed by a gurgling mountaintop spring. The creek tumbles for nearly a mile through a rocky gorge before it levels out. Enjoy a scenic drive, picnic, optional hike to see the falls, and a stop at the Newport market for fresh produce.

When Wednesday, Sept 3

Itinerary Depart center at 10AM. Bring your lunch (drinks will be provided) for a picnic. 1.5 hours will be allowed for picnicking, hiking or just enjoying the scenery. Return to the center by 4PM.

Cost \$7R/\$14 NR. Fee includes drinks and transportation only. Bring your lunch.

Registration begins August 26 at 930AM

♦ Three Rivers Avian Center - West Virginia

Take an fascinating adventure to West Virginia's Three Rivers Avian Center. This is an animal shelter for injured and endangered wild birds, raptor rehabilitation and raptor environmental education programs. Before our private group presentation, we'll enjoy a buffet lunch and breathtaking views at Pipestem Lodge

When Wednesday, September 17

Itinerary Bus departs center at 9:30AM for lunch at 11AM. Depart lodge by 12:45 and arrive at the avian center for a private group presentation at 1:30PM. Bus returns by 4:30PM.

Cost \$26R/\$36NR. Fee includes buffet lunch, tour and transportation.

Registration begins August 26 at 930AM

♦ First Annual Eldridge Rowe Memorial Trip to Hawk's Nest State Park, WVA

In memory of Eldridge Rowe, our dear friend and greatest trip planner. This is the first trip Eudy planned for us and of our most popular. This trip promises a scenic drive, beautiful views, delicious food and some optional excitement. Fall colors should be peeking through. After our delicious buffet lunch you can shop and relax or take a scenic canyon rim tram ride or an exciting upstream jet boat ride to see the New River Gorge Bridge. There are also walking trails.

When Wednesday, October 8

Itinerary Leave center at 8AM for arrival at 1115AM. Lunch is at 1130PM. For those interested in tram and/or jet boat rides (weather permitting and ticket availability) please make your way to the tram station to pick up your tickets. Tram only is \$2, jet boat and tram is \$14.

Return to the center by 6:30PM.

Cost \$20R/ \$30NR. Fee includes transportation and buffet lunch

Registration begins August 26 at 930AM.

♦ Buffalo Springs Herb Farm - Raphine, VA

Join us for enjoyable trip to Buffalo Springs Herb Farm. Unlike the hot summer days at the farm, you'll enjoy magnificent colors of fall with a scent of the holidays. Enjoy an interesting presentation on "Decorating for the Home", followed by a delicious gourmet lunch.

When Wednesday, October 15

Itinerary Bus departs center at 8:45AM for program at 11AM. Lunch immediately follows.
Return to the center by 4:30PM.

Cost \$27R/\$37NR. Fee includes program, lunch and transportation.

Registration begins August 26 at 930AM.

♦ Oktoberfest at Mountain Lake Resort

Enjoy a magnificent evening. Travel to Mountain Lake resort's Oktoberfest Barn. We'll arrive in time for their beer garden with hot pretzels and German sausages. Then the real feast begins. A full course of German favorites including a roasted pig. Enjoy fun and entertainment from the Sauerkraut band.

When Friday, October 17

Itinerary Bus departs center at 4:30PM. Return to center by 9:30PM.

Cost \$34R/\$44NR. Fee includes transportation, buffet dinner and entertainment.

Registration begins August 26 at 930AM

♦ Peaks of Otter - Bedford, VA

Fall wouldn't be complete without Oktoberfest Buffet at Peaks of Otter lodge. Enjoy a delicious meal in a beautiful setting. It should be peak colors for a perfect visit.

When Wednesday, October 22

Itinerary Bus departs the center at 10AM for lunch at 11:30AM. Bus will return to the center by 3:30PM.

Cost \$23R/ \$33NR. Fee includes transportation and buffet lunch..

Registration begins August 26 at 930AM



• **Dixie Pottery**

Get ahead on your holiday decorating. This center is 160,000 square feet of great buys. From souvenirs to keepsakes, from plain glass to lead crystal, from stoneware to bone china. Even if you're not into shopping, you don't want to miss the delicious buffet at Stringers restaurant.

When Wednesday, November 12

Itinerary Leave center at 9:30AM for lunch at 11:30AM. Return to the center by 4:30PM.

Cost \$6R/\$12 NR. Fee includes transportation. Lunch at stringers is extra.

Registration begins Tuesday, August 26 at 9:30AM

• **Smithfield - Cemetery Presentation, Tour and Luncheon**

Join us for an interesting presentation about the Preston Cemetery at Smithfield. You'll learn historical documentation of the past, present and future. Lecture will also include information on their recent archaeological investigation. Following the presentation, we'll travel to Smithfield for a tour and delicious soup and sandwich lunch catered by Our Daily Bread.

When Wednesday, December 10

Itinerary Lecture begins at the senior center at 9:30AM. At 10:15AM we'll depart the center by bus to Smithfield for 10:30Am tour. Lunch will immediately follow with return to the center by 1PM.

Cost \$15R/\$25NR. Fee includes presentation, tour, lunch and transportation.

Registration begins Tuesday, August 26 at 9:30AM

♦ **Hotel Roanoke**

Don't miss our favorite Dine out Lunch buffet. See all the glorious decorations in this elegant Hotel. Enjoy shopping at the market afterwards.

When Wednesday, December 17

Itinerary Leave the center at 1030AM for lunch at 1130AM. Bus returns by 3PM.

Cost \$21R/ \$31NR. Fee includes lunch buffet and transportation.

Registration begins August 28 at 930AM



Overnight Adventures

Registration for the following tours begins Monday, August 4.
Space is limited.

- **Pamplin Hall - Petersburg, Virginia**
- **September 10 - 11**

Spend a day at Pamplin Historical Park, Virginia's new premier Civil War History attraction. Costumed interpreters, two world-class museums, three antebellum homes and the Historic Battlefield of April 2, 1865 make Pamplin Historical Park a history destination designed to educate and entertain everyone. Enjoy a Civil War Dinner with entertainment that includes soldiers performing drills, musicians speaking about the music and the instruments of the period and a sing along of period songs.

Itinerary Depart center at 7:30AM (donuts and coffee available at 7:15AM at the center). Lunch on your own once we arrive at the Park. We will check in at hotel (Holiday Inn Express) by 4PM. At 5:30 enjoy the civil war dinner at the park. The next day we will depart hotel and tour Blandford Church, a colonial parish church (1735-37), rededicated as a memorial chapel to the Southern soldiers who died during the Civil War. Lunch in route to home. Return to center by 5:30PM.

Single \$175R/\$185NR

Double \$130R/\$150NR

Triple \$115R/\$125NR

Quad \$105R/\$115NR

Fee includes departure day donuts and coffee, all tours, Civil War dinner, continental breakfast at hotel, transportation and lodging. Registration begins August 4 No refunds after September 2

Blue Ridge Parkway

September 22 - 26

Many have seen parts of the Blue Ridge Parkway but few have traveled the entire 469.1 miles. Join us on a journey that offers spectacular views of diverse beauty. The parkway displays blue-misted mountains, cascading waterfalls, rolling pastures, and gorges banked with wildflowers. For those interested in hiking, the parkway offers varied and intriguing trails. So whether you want to hike, sight-see, take photos, shop in unique stores or simply relax in the mountain air, this trip offers something for everyone. Comfortable lodging and hearty mountain meals make this a thoroughly enjoyable experience.

From the senior center we'll take the quickest route to Cherokee North Carolina. There you can relax or do some casino gambling at Harrah's. The next day, however, we'll leave the neon signs behind and begin our journey north on the parkway. Although we may venture off the parkway for some attractions, the majority of our adventure remains on the parkway.

Lodging is on or within minutes of the Parkway and includes Fairfield Inn in Cherokee NC, Big Lyn Lodge in Little Switzerland NC, Olde Mill Resort in Laurel Fork VA, and Big Meadows lodge in Shenandoah National Park.

Price per person based on double occupancy is \$380R/\$390NR. Singles are \$480R/\$490NR.

Price includes transportation, 4 nights lodging, 5 breakfasts and 3 dinners. Space is limited.

Registration begins August 4.

No refunds after September 8





Historic Holiday in Richmond and Williamsburg, VA December 2 - 4, 2003

Join us on another memorable holiday trip to these historic destinations. We've added new attractions but have kept the most popular.

This year's Itinerary includes:

- Maymont—board the tram for a ride through the gardens occupying a sweeping knoll above the James River, this 100-acre turn-of-the-century Victorian estate glimmers with cascading Italian fountain gardens, Japanese gardens, and an antique carriage collection. Enjoy a carriage ride while visiting the estate. Then tour Maymont Mansion decorated for a late Victorian Christmas. Also visit the Nature Center, a state-of-the-art attraction that interprets the natural environment of the James River. A 20 foot waterfall cascades into the first of 13 giant linked aquariums that are home to playful river otters, turtles and fish.
- Virginia State Capital - Tour Thomas Jefferson's neo-classical marvel featuring a hidden dome, pre-historic fossils in the marble floor, and the world-famous statue of George Washington.
- St John's Church - built in 1741 and where Patrick Henry gave his famous "Give me Liberty or Give Me Death" speech.
- Monument Avenue - a scenic drive through rows of magnificent mansions lining one of America's most beautiful streets.
- Tour of the Lewis Ginter Botanical Gardens - This attraction boasts extensive displays over 24 acres, and elegant Victorian garden and mansion, exotic Asian garden, a water garden with many native species and a 3 acre lake. Admire the brilliant lights reflecting off a large Japanese-style lily pond, displaying the creative lighting amidst the Gardenfest of Lights.
- Dinner at Sam Miller's in the Shockoe Slip district of Richmond
- Colonial Williamsburg - Tour of the Capitol and Governor's Palace.
- Lunch at the Colonial Tavern in Williamsburg.
- Shopping in Merchants Square
- Dinnertainment at Historic Boswood Inn in Newport News - The house is aglow at Christmas time with candles and welcoming fireplaces. Wandering minstrels will treat guests to caroling and Christmas cheer through stories and music.
- Newport News's Celebration of Lights - scenic drive through spectacular light displays.
- Guided tour of Jamestown Settlement - Join in the celebration of a Jamestown Christmas. Experience early Christmas traditions and holiday festivities as the earliest settlers might have enjoyed. Tour full-size replicas of the 3 shops that arrived in 1607. Tour the fort, Indian village and wonderful museum exhibits. .
- Evelynton Plantation - Tour this Georgian Revival house, grounds and gardens.

Cost \$397/person based on Double occupancy. Single, triple and quad rates are also available.
Price includes 2 nights lodging, 2 breakfasts, 2 lunches, and 2 dinners, all admissions and tours, taxes, gratuities, and baggage handling.

To reserve today - Call Bill Ortega at University Travel at 540/961-2700
Call Joy Herbert at 961-1134 for more information.

Fall Quarter At A Glance

This summary does not include Ongoing Programs. See their listing which begins on page 6 of this newsletter.

Trips and Special Events

Date	Trip/event	Ref Page
August 26	Fall Registration	4
September 3	Roaring Run	16
4	Cruise Info Hour - Bermuda	5
8	Breakfast	5
10-11	Pamplin Hall	19
12	Annual Picnic	5
17	3 Rivers Avian Center	16
22-26	Blue Ridge Parkway	19
October 6	Breakfast	5
8	Hawk's Nest	16
9	Annual Lasagna Dinner	5
15	Buffalo Springs Herb Farm	17
17	Mountain Lake Octoberfest	17
22	Peaks of Otter	17
November 3	Breakfast & Open House	5
14	Dixie Pottery	18
December 2-4	Richmond/Williamsburg	20
8	Breakfast	5
10	Smithfield	18
17	Hotel Roanoke	18

Fitness Programs

Sept 16 - Nov 6	Beginning Tai Chi - Session I	9
Sept 9 - Oct 16	Intermediate Tai Chi - Session I	9
Nov 11 - Dec 11	Beginning Tai Chi - session II	9
Oct 28 - Dec 11	Intermediate Tai Chi - Session II	9
Mon-Wed-Fri	Fit over Fifty/aerobics	9
Aug 27 - Dec 19 (MWF)	Healthy Backs	9
By appointment	Personal Training	9
By Appointment	Fitness Center Orientations	8
Sept 8, Oct 6, Nov 3, Dec 8	Blood pressure/blood sugar	10
Aug 29 - Dec 2 (Fridays)	Stretch, Balance and Tone	13

Classes

Sept 15, 17, 18	Computer I - Windows 98	14
Oct 13, 15, 16	Computer I - Windows XP	14
By Appointment	Computer Personal Training	14
TBA	Microsoft Word	14
TBA	Basic Internet	14
Sept 8	Printing Digital Pictures	15
Sept 9 & 12	Basic Excel	15
Sept 16 & 19	Intermediate Excel	15
Sept 23 - Oct 28	Art session I	12
Nov 4 - Dec 16	Art session II	12
Sept 11 - Oct 28	Shakespeare	12
Sept 4, Oct 2, Nov 6, Dec 4	Craft Corner	12
Sept 30 - Nov 18	Spanish	13
Oct 1	Composition and Memory	13

Mail registration to: **Blacksburg Parks and Recreation** **725 Patrick Henry Dr Blacksburg, VA 24060**

Participants

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Activity _____

Cost _____ (Make Checks payable to The Town of Blacksburg)

Signed _____ Date _____

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